

WALK-IN COUNSELING CENTER
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October 18, 1976

Dear Harold,

It was good talking with you after so many years.

Enclosed is a copy of that unpublished article of mine.

Also enclosed is a copy of a letter I sent to Doug Tilley. I hope that works out.

I got a referral to a local vascular surgeon of good repute who said that the best manner of post-phlebotic care is via a good internist, not a vascular surgeon. He said that his patients are generally back seeing their internists, although some ended up getting new internists.

He said that he thinks people should generally be seen every three or four weeks by an internist who monitors their condition as well as their anti-coagulants until the condition is diagnosed as having stabilized. He does not use aspirin himself although he says some people are using it. He would definitely not recommend it for someone your age, especially given a history of ulcers. (Aspirin can bring about stomach bleeding--it's abuse led to over 250 deaths in the USA alone last year--I should have mentioned that when you brought it up--it's something I include in my drug lectures.)

He said that the issue when pneumonia develops is whether or not a clot has been thrown into the lung.

In terms of care of a post-phlebotic syndrome, he recommended the following (once the condition has stabilized):

1. Weight reduction via dieting (weight is a critical factor in long-term prevention)--a good internist can set up a diet
2. Proper stockings--a good internist can suggest which ones
3. Regular medical checkups with careful monitoring of the general functioning of the circulatory system# (e.g. blood pressure, etc.)
If the condition has stabilized for sure, this can be every 3-6 months. If it has not stabilized, it should be monthly.

He did not know any good internists in Washington, DC, but did emphasize getting to a good internist for care rather than a vascular man. He especially emphasized the stockings and the weight reduction as things you should get advice on.

I'll see if I can figure a way to get a referral to a good internist. Ironically, it is easier for me to locate specialists.

Take care of yourself.



Day

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